



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 20047, Rice, white, long-grain, parboiled, enriched, cooked

Report Date: June 27, 2017 04:47 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water 1 2 3 4	g	70.36	--	1.986	63.06	74.4	3.0	64.043	76.685	4	Analytical or derived from analytical	--	02/2005
Energy	kcal	123	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2009
Energy	kJ	513	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2009
Protein 1	g	2.91	--	0.256	2.41	3.25	2.0	1.805	4.012	1	Analytical or derived from analytical	--	02/2005
Total lipid (fat) 1	g	0.37	--	0.055	0.3	0.48	2.0	0.136	0.61	1	Analytical or derived from analytical	--	02/2005
Ash 1	g	0.30	--	0.042	0.24	0.38	2.0	0.12	0.483	1	Analytical or derived from analytical	--	02/2005
Carbohydrate, by difference	g	26.05	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2009
Fiber, total dietary 1 4	g	0.9	--	0.533	0.4	1.5	1.0	-5.834	7.699	2	Analytical or derived from analytical	--	02/2005
Sugars, total	g	0.11	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sucrose 1 2	g	0.08	--	0.010	0.02	0.13	1.0	-0.044	0.211	2	Analytical or derived from analytical	--	02/2005
Glucose (dextrose) 1 2	g	0.01	--	0.008	0	0.02	1.0	-0.097	0.113	2	Analytical or derived from analytical	--	02/2005
Fructose 1	g	0.02	--	--	0.02	0.02	--	--	--	1	Analytical or derived from analytical	--	02/2003
Lactose 1	g	0.00	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2003
Maltose 1	g	0.00	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2003
Galactose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	02/2005
Minerals													
Calcium, Ca 1	mg	19	--	1.313	16	21	2.0	13.283	24.583	1	Analytical or derived from analytical	--	02/2005
Iron, Fe 1	mg	1.81	--	0.137	1.54	1.96	2.0	1.225	2.402	1	Analytical or derived from analytical	--	02/2005
Magnesium, Mg 1	mg	9	--	0.703	8	10	2.0	5.835	11.885	1	Analytical or derived from analytical	--	02/2005
Phosphorus, P 1	mg	55	--	2.310	51	59	2.0	45.278	65.155	1	Analytical or derived from analytical	--	02/2005

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Potassium, K ¹	mg	56	--	--	55	57	1.0	--	--	1	Analytical or derived from analytical	--	02/2005
Sodium, Na ¹	mg	2	--	0.202	1	2	2.0	0.778	2.515	1	Analytical or derived from analytical	--	02/2005
Zinc, Zn ¹	mg	0.37	--	0.029	0.32	0.42	2.0	0.247	0.496	1	Analytical or derived from analytical	--	02/2005
Copper, Cu ¹	mg	0.070	--	0.010	0.05	0.09	2.0	0.027	0.114	1	Analytical or derived from analytical	--	02/2005
Manganese, Mn ¹	mg	0.354	--	0.030	0.3	0.39	2.0	0.226	0.483	1	Analytical or derived from analytical	--	02/2005
Selenium, Se ^{1,3}	µg	9.3	--	1.032	3.7	12.4	1.0	-3.819	22.405	2	Analytical or derived from analytical	--	02/2005
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Thiamin ¹	mg	0.212	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Riboflavin ¹	mg	0.019	--	--	0.02	0.02	1.0	--	--	1	Analytical or derived from analytical	--	02/2005
Niacin ¹	mg	2.309	--	--	1.25	3.37	1.0	--	--	1	Analytical or derived from analytical	--	02/2005

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Pantothenic acid ¹	mg	0.323	--	--	0.3	0.35	1.0	--	--	1	Analytical or derived from analytical	--	02/2005
Vitamin B-6 ¹	mg	0.156	--	--	0.12	0.19	1.0	--	--	1	Analytical or derived from analytical	--	02/2005
Folate, total ¹	μg	81	--	--	73	89	1.0	--	--	1	Analytical or derived from analytical	--	02/2005
Folic acid ¹	μg	79	--	--	73	84	1.0	--	--	1	Analytical or derived from analytical	--	12/2006
Folate, food ¹	μg	3	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Folate, DFE	μg	136	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2009
Choline, total	mg	2.1	--	--	--	--	--	--	--	--	Calculated or imputed	20045	12/2006
Vitamin B-12	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	10/1989
Vitamin B-12, added	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	μg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2009
Retinol	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2002
Carotene, beta	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Carotene, alpha	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Cryptoxanthin, beta	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin A, IU	IU	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Vitamin E (alpha-tocopherol)	mg	0.01	--	--	--	--	--	--	--	--	Calculated or imputed	20046	02/2005
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone)	µg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	20046	02/2005
Lipids													
Fatty acids, total saturated	g	0.074	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2005
4:0 ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
6:0 ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
8:0 ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
10:0 ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
12:0 ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
14:0 1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
15:0 1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
16:0 1	g	0.074	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
17:0 1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
18:0 1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
20:0 1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
22:0 1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
24:0 1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
Fatty acids, total monounsaturated	g	0.074	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2005
14:1 1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:1 undifferentiated ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
18:1 undifferentiated ¹	g	0.074	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
20:1 ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
22:1 undifferentiated ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Fatty acids, total polyunsaturated	g	0.091	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2005
18:2 undifferentiated ¹	g	0.074	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
18:3 undifferentiated ¹	g	0.017	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
18:4 ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
20:4 undifferentiated ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
20:5 n-3 (EPA) ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:5 n-3 (DPA) ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
22:6 n-3 (DHA) ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	10/1989
Amino Acids													
Tryptophan ^{1 5 6}	g	0.040	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2009
Threonine ^{1 5 6}	g	0.105	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2009
Isoleucine ^{1 5 6}	g	0.131	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2009
Leucine ^{1 5 6}	g	0.254	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2009
Lysine ^{1 5 6}	g	0.083	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2009
Methionine ^{1 5 6}	g	0.071	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2009
Cystine ^{1 5 6}	g	0.059	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phenylalanine 1 5 6	g	0.154	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2009
Tyrosine 1 5 6	g	0.084	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2009
Valine 1 5 6	g	0.182	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2009
Arginine 1 5 6	g	0.252	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2009
Histidine 1 5 6	g	0.072	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2009
Alanine 1 5 6	g	0.168	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2009
Aspartic acid 1 5 6	g	0.308	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2009
Glutamic acid 1 5 6	g	0.541	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2009
Glycine 1 5 6	g	0.139	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2009
Proline 1 5 6	g	0.187	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Serine ^{1 5 6}	g	0.142	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2009
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2002
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2002
Flavonoids													
Isoflavones													
Daidzein ⁷	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Genistein ⁷	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Glycitein ⁷	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Total isoflavones ⁷	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Formononetin	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Coumestrol	mg	0.00	--	--	0	0	--	--	--	--	--	--	--

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 2b, 1999 Beltsville MD

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